



Utah
Department
of Health

Who Takes Care of You?

While growing up it seems we always had someone watching out for our health and well-being. That person made sure we got all our shots, took us to the doctor and dentist for check-ups, and helped us get the care we needed when we were sick. Then, all of a sudden, we became “grownups.” We graduated from school, chose a career (or two), and some even found themselves caring for and raising children.

We spend so much of our time making sure our children and grandchildren are healthy that it’s easy to forget what we need to do to stay healthy and live longer ourselves. It’s important to take steps now to help ensure a healthy future.

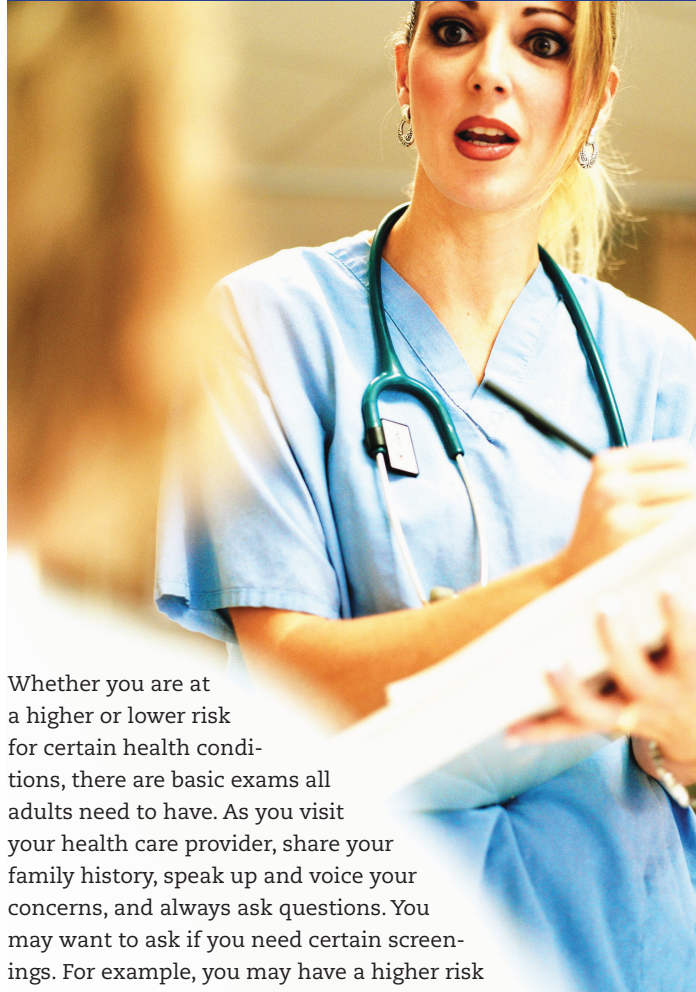
What can you do now to be healthy and prevent future problems? In addition to staying physically active, eating well and minimizing stress, getting regular checkups and preventive screening tests, including immunizations, are among the most important things you can do for yourself.

Primary Health Care Now Within Reach

*Primary Care Network accepting applications
October 4-29, 2004*

Grown-ups know good health is no child’s game. You need to take care of your health so you can take care of your responsibilities, like your family. The Utah Department of Health’s (UDOH) Primary Care Network (PCN) covers primary care. PCN can also help you get inpatient hospital and specialty care. Utah adults who don’t have health insurance, are 19-64 years of age, and meet income and other qualifications may be eligible.

Apply during open enrollment, October 4-29, 2004. To learn more, call the UDOH Health Resource Line at 1-888-222-2542 or visit www.health.utah.gov/pcn.



Whether you are at a higher or lower risk for certain health conditions, there are basic exams all adults need to have. As you visit your health care provider, share your family history, speak up and voice your concerns, and always ask questions. You may want to ask if you need certain screenings. For example, you may have a higher risk for certain health conditions based on your family history, being a certain age or sex, or being from a particular ethnic group.

Here’s a list of important tests or “screenings” everyone needs—many are low-cost or offered for free in your community. Ask your health care provider how often you should receive these tests:

Blood Pressure – Make sure your health care provider takes your blood pressure. If your blood pressure is high, ask your provider about ways to reduce it. High blood pressure increases your risk for heart disease, stroke, and kidney disease.

Cancer – Several cancer screens are recommended for men and women depending on their age. Women need to be tested for cervical and breast cancer, and skin and colorectal cancer later in life. Men need to be tested for testicular, colorectal, prostate and skin cancer.

Cholesterol – It is important that your health care provider checks your cholesterol levels at least once every five years. If you have diabetes, get your cholesterol checked every year. If results show your cholesterol is high, ask your provider about how you can get it under control. High cholesterol levels increases your risk for heart disease.

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Dental disease – It is important to have an oral exam every six months so your dentist can check for tooth decay and gum disease, then recommend steps for good oral health. Oral health is an essential part of overall health.

Diabetes – A check for diabetes is recommended every three years beginning at age 45. Testing should be done earlier and more often if you're at risk for diabetes.

Vision – After age 40, have an annual eye exam, especially if you are at risk for glaucoma or have high blood pressure, diabetes, or retinal disorders.

Immunization – Children aren't the only ones needing immunizations. Adults need them too. Tetanus and diphtheria boosters are recommended every 10 years. Adults born after 1956 should be immunized against measles, mumps and rubella. Some adults need to be immunized for hepatitis A and B. There are also vaccines for chickenpox, pneumonia and influenza.

It's important to know the general screening guidelines for a person your age. Talk to your health care provider or go to www.checkyourhealth.org or www.health.utah.gov for more information. Remember, if you prevent it now you won't need to treat it later! Or in other words, everything you do now to stay healthy and to prevent disease will help you have a better quality of life in years to come. 